



# Reverend Brown School

## February 2018 Lunch Menu

**NUTRITION NEWS:** February is Heart Healthy Month! The heart is one of the most important organs in the body, on average beating 60-100 times per minute, so it's important to keep it healthy! Eating well-balanced meals that include a combination of whole grains, lean proteins, fruits, vegetables, and low-fat dairy will help keep your heart healthy! Physical activity is also important because it helps lower blood pressure and helps our bodies control stress. Set a goal to be physically active at least 60 minutes per day!

### "SIDEKICKS"

Hot Pretzel	\$1.00
Soup w/ Crackers	\$1.25
Freshly Baked Cookie	\$0.50
Fresh Fruit	\$0.75
Assorted Chips	\$0.75
Yogurt	\$1.25
Pudding	\$0.75
Water 8 oz	\$0.75
Milk	\$0.50
Fruit Juice	\$0.75
Envy 100% Sparkling Juice	\$1.50
Flavored Water	\$1.50

Student Lunch \$4.00

Entrée a la Carte \$3.00

Adult Lunch \$4.00

### ALL MAIN EVENTS AND SWAP OUTS:

Your Meal comes with the choice of:  
Fruit and Vegetable  
Low Fat Milk or Water

### Maschio's Swap Outs

- Monday:** Yogurt Parfait Meal
- Tuesday:** Cheeseburger on a Bun
- Wednesday:** Grilled Cheese Sandwich
- Thursday:** Hot Dog on a Bun
- Friday:** Lasagna Roll Up

### Maschio's Swap Outs Available Daily

- Bagel Bag
- Cereal Bag
- Turkey and Cheese Sandwich
- Chicken Nuggets with Dinner Roll
- Chicken Caesar Salad with Dinner Roll
- Italian Sub Sandwich

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Keep your heart happy by choosing healthy options!</i>		<b>1 Super Bowl Celebration</b> <b>New Recipe!</b> <b>Boneless Chicken Wing Basket with Tater Tots &amp; Soft Pretzel Stick</b> Fresh Celery Sticks with Dip Fresh or Chilled Fruit	<b>2 Villa Capri II Pizza</b> Baked Fries Freshly Prepared Italian House Salad Fresh or Chilled Fruit
<b>5 Meatless Monday Creamy Mac &amp; Cheese</b> Pretzel Stick Broccoli Italiano Fresh or Chilled Fruit	<b>6 SCOOP-A-BOWL</b> <b>Fajita Chicken &amp; Cheddar Cheese</b> over Rice with Lettuce, Tomatoes, & Salsa <b>Tostitos SCOOPS!</b> Tortilla Chips Southwestern Corn Fresh or Chilled Fruit	<b>7 Lucky Tray Day</b> <b>Chicken Parmesan Hero</b> Oven Baked Fries Fresh or Chilled Fruit	<b>8 Breakfast for Lunch</b> <b>French Toast</b> Breakfast Sausages Potato Tots Fresh or Chilled Fruit	<b>9 Villa Capri II Pizza</b> Baked Fries Freshly Prepared Italian House Salad Fresh or Chilled Fruit
<b>12 Chicken Tenders</b> Buttered Noodles Green Beans Fresh or Chilled Fruit	<b>13 Chicken and Cheese Quesadilla</b> Steamed Corn Fresh or Chilled Fruit	<b>14 Valentine's Day</b> <b>Baked Ziti</b> Warm Garlic Breadstick Freshly Prepared Spring Mix Salad Strawberry Applesauce	<b>15 Chinese New Year Celebration</b> <b>Sweet &amp; Sour Popcorn Chicken with Rice</b> Steamed Broccoli Mandarin Oranges Fortune Cookie	<b>16 Villa Capri II Pizza</b> Baked Fries Freshly Prepared Italian House Salad Fresh or Chilled Fruit
<b>19 President's Day</b> <b>School Closed</b>	<b>20 Twin Tacos with Taco Meat, Shredded Cheddar Cheese</b> Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit	<b>21 Pasta Alfredo w/ Roasted Vegetables</b> Garlic Bread Fresh or Chilled Fruit	<b>22 NASCAR "Race to Good Nutrition"</b> <b>Grilled Chicken Caesar Salad Wrap</b> Freshly Prepared Three Bean Salad Fresh or Chilled Fruit	<b>23 Villa Capri II Pizza</b> Baked Fries Freshly Prepared Italian House Salad Fresh or Chilled Fruit
<b>26 Crispy Chicken BLT on a Croissant</b> Fresh Veggie Dippers Fresh or Chilled Fruit	<b>27 National Tortilla Chip Day</b> <b>New Recipe!</b> <b>Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, &amp; Salsa</b> <b>Southwestern Slaw</b> Fresh or Chilled Fruit	<b>28 Breakfast for Lunch</b> <b>Pancakes</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit		

POINT OF SALE SYSTEM AT REV. BROWN SCHOOL:  
ALL STUDENT'S WILL BE GIVEN A PIN TO ACCESS THEIR ACCOUNT.  
Please visit PAYFORIT.NET

To fund your child's online lunch account. Or, you may submit a check made payable to MASCHIO'S FOOD SERVICES, INC for your child's lunch account.

PLEASE NOTE: NO CASH ACCEPTED

Questions or Concerns?

Please Visit [www.MaschioFood.com](http://www.MaschioFood.com)  
or Call Maschio's Food Services at: 973-598-0005

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"

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